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- Visit our Facebook page to see photos from the [2012 Winter Light Retreat](#).

**Please help support our temple and its many programs.**

**Hartford Street Zen Center is a 501(c)(3) nonprofit organization. Donations are tax-deductible.**

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## Holiday Zendo Closures

- December 24, 25 and 26
- January 2

## Guest Speaker: Steven Tierney

Saturday, Dec 22 @ 10 am after zazen



**Ko Shin Steven Tierney, Ed.D.**  
CAS is Professor of Counseling Psychology and Chair of the Community Mental Health



Program at the California Institute of Integral Studies. A certified addiction specialist, Steven is co-Founder of the San Francisco

Mindfulness Foundation which provides relapse prevention and mindfulness-based services to individuals and families.

He was appointed to the San Francisco Health Commission in 2008 and served as the Commission's President until this year. For the past five years he has been involved in a CDC program working in Zambia to expand the system of care to more effectively deliver HIV services and conduct state-of-the-art monitoring and evaluation.

Steven has been studying and practicing Buddhism for more than 20 years and will receive priest ordination from Dairyu Michael Wenger, founder of Dragons Leap Meditation Center, on Sunday, January 6 at San Francisco Zen Center.

## Christmas Community Potluck Dinner

Please join the Hartford Street Sangha for a holiday celebration and dinner. Drop by anytime between 1:30 pm and 6 pm December 25th for socializing and fun.

An informal potluck buffet will be served at 3:00 pm until 5:00 pm. If you are joining us for dinner you are invited to bring what you can -- a covered



Altar after Buddha's Enlightenment Celebration

### *Regular Schedule*

#### **Monday to Friday**

6:00 am Zazen  
(seated meditation)  
6:40 am Kinhin  
(walking meditation)  
6:50 am Zazen  
7:20 am Chanting  
7:40 am Soji  
(brief temple cleaning)

6:00 pm Zazen  
6:40 pm Chanting

#### **Saturday Morning**

6:30 am Zazen  
7:10 am Chanting  
7:25 am Soji  
8:30 am Drop-in instruction  
9:25 am Zazen  
10:15 am Dharma Talk  
11:00 am Refreshments

dish, refreshments, dana for the temple or a willingness to help clean up afterwards. If you have questions please call us at 415.864.2507 and leave a message.

## **Guest Speakers: Ayya Anadabodi & Sister Jayati, Saranaloka Foundation**

Jan 5, 2013 @ 10 am after zazen

Ayya Anandabodhi has practiced meditation since 1989, and lived in UK monasteries for 18 years. These communities were founded by Venerable Ajahn Sumedho, the foremost western disciple of the Venerable Ajahn Chah, a meditation master of the Thai Forest Tradition. In 2009 she moved to the U.S. to help establish Aloka Vihara, a training monastery for women, where she now resides.

## **New Year's Eve Celebration**

Join us for our traditional New Year's Eve observance at 7:30 p.m. with temple cleaning, followed by a light snack, and zazen. The *densho* (large hanging bell) will begin to be struck as midnight approaches, ending just at 12:00 a.m., when we'll have the New Year's toast with sake and/or apple juice, and the Fire Ceremony in the back yard.



## **Sangha Outing to the Asian Art**



+ discussion

Hartford Street Zen Center is a neighborhood temple and residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi.

### **HIV Meditation Group**

*weekly meditation group for those living with HIV, their friends, families & community supporters*  
Thursdays and Fridays  
10:30 am zazen  
11:00 am socializing

### **Meditation in Recovery (Women-only)**

*monthly meditation group for women in recovery from addiction*

First Thursdays  
7:15 pm - 8:45 pm

### **Meditation in Recovery (Men & Women)**

*weekly meditation group for men and women in recovery from addiction*

Fridays, 7:30 pm - 9 pm

### **Hartford Street Zen Center**

57 Hartford Street  
San Francisco, CA 94114

DIRECTIONS: Located between 17<sup>th</sup> and 18<sup>th</sup>

## Museum

**Sunday, January 6,  
2013, 10:30 am**

Join us as we explore the Asian Art Museum's collection, including the special exhibit [Out of Character: Decoding Chinese Calligraphy](#).

Museum admission is **free**. We will meet outside the museum gift shop at 10:30am and tour galleries until noon then break for lunch in the museum cafe.

Streets / Castro and Noe  
Streets one block from the  
Castro MUNI Station, the 33  
and 24 bus as well as the F  
line,

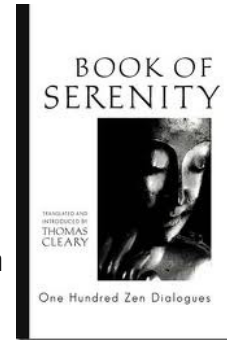
info@hszc.org  
415.863.2507

Rev. Myo Lahey  
Practice Leader

## Study Hour

Thursdays at 7:30pm  
\*\* cancelled December 27

We are currently reading *The Book of Serenity* -- a collection of 100 koans compiled in China in the 12th century. There are books to share for anyone who wants to join in.



## Sangha Council

Saturday, January 5th. 12:30-2:30 pm

## Sewing Buddha's Robe

Check our website

## Issan Dorsey Founder's Memorial

Monday, Jan 7 @ 6:40 pm after zazen

## Board of Directors' Meeting

Wednesday, January 9 @ 7:30 pm

Follow us on  
[Facebook](#)

**Zenshin Philip Whalen Memorial**

Thursday, Dec 27 @ 6:40 pm

**Full Moon Ceremony**

Saturday, Dec 29 @ 11:00 am after Dharma Talk

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